

**ABSTRACT**

The disclosure relates to metal oxide powders with a bimodal particle size distribution, to ceramics that can be made from these metal oxide powders, especially milling ceramics for use in dental technology, to a method  
5 for the production of the metal oxide powders and of the ceramics, to the use of nanoscale metal oxide powders for the production of the metal oxide powders and of the ceramics as well as to dental ceramic products.